

Spa therapies - Thermal stones massage

Assessment Schedule

Assessing	Evidence	Judgement	Breath	
			C	M
All criteria listed below should be assessed in the Student massage clinic. Numbers in the judgement boxes relate to a possible number of marks towards merit that may be attained. The assessor is expected to use their				
Perform spa therapies competently (thermal stones)	Before application of thermal stones	If any of the following contraindications are present, thermal stones are not used • Sunburn, or other burn • Inflammation • Infectious skin conditions • Open skin • High & low blood pressure • Circulatory conditions • Pregnancy		
		Student should state to the client that they should say something if the stones are too hot.		
	Thermal stones application Clinical supervisor assesses the temperature of three stones which have been placed on the body	3 towels are used - 2 wide, 1 long		
		Water maintained at 50-60 degrees throughout the treatment. Any deviations from this are mentioned to the assessor		
		Before stone is applied to the body, student checks stone temperature by placing it against the antecubital fossa		
		Stones placed on the body are of an appropriate temperature		
		Thermal stones techniques are performed • Gliding • Resting • Spinning • Tapping - on the tummy stone • Edging • Vibration with stones • Vibration without stones		
		Stones are placed on the body to <i>Rest</i> in appropriate areas (M)		2
		When <i>Spinning</i> hands do not touch the body (M)		2
		When <i>Tapping</i> the rhythm used encourages vibration		2
		Gliding, tapping, edging, vibration with a stone and spinning are not used over bony areas		
		Tongs or ladle are used to remove the stones from the water		
		If the stones are too hot, cold water is used to cool the stones		
		Client is covered at all times apart from area being worked		
		Application of hot stones techniques is flowing		5
		The time of transitions between stones is not too long		5
		Stones do not clash		3
Perform spa therapies competently (facial compress)	Facial compress is performed	Facial towel compress is performed and doesn't cover the client's mouth and/or nose.		
		The temperature of the towel used in the compress is appropriate.		
		Hand towels are used for the hot towel compresses and for the foot stone wraps.		2
		Facial compress is performed in three steps – hands do not touch the face • concertinaed down onto the chin • fold each side diagonally across the face to cover the eyes • towel is compressed		4
Competent: Yes / No				
Marks towards a merit: /25 (x2) = /50				